

# Grapevine

VETERANS HOME OF CALIFORNIA



*4th Annual Celebrity Chefs  
Veterans Day Luncheon*

*Living at the Veterans Home of California in Yountville – November 2008*

# *4th Annual Celebrity Chefs Veterans Day Luncheon*

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**Veterans Day Luncheon for Home Members only**  
Wednesday, November 5, 2008

## ***Pumpkin and Apple Soup***

Toasted Pumpkin Seeds, Roasted Pasilla Chili Cream  
*Chef Bob Hurley, Hurley's Restaurant & Bar*

## ***Roasted Beef Tenderloin***

Chanterelle Mushroom Ragoût  
*Chef Kevin Miller, Vintage Estate*

## ***Confit of Marble Potatoes***

Melted Onion and Garden Herbs  
*Chef David Cruz, Ad Hoc*

## ***Butter Roasted Cauliflower***

Coriander and Fennel Crust  
*Chef Joel Ehrlich, Bistro Jeanty*

## ***Pain au Lait***

*Chef Matt McDonald, Bouchon Bakery*

## ***Valrhona Chocolate Baked Alaska***

Gingerbread Crust, Bittersweet Chocolate Mousse,  
Toasted Mallow Cream  
*Chef Thad Lyman & Margarita Cendejas, Napa Valley Grille*

***Wines Donated by*** Black Stallion Winery, Domaine Chandon, Elizabeth  
Spencer, Hagafen Cellars, Jessup Cellars, Paradigm Winery, Sequoia  
Grove Winery, St. Supery Vineyards & Winery, Steltzner Vineyards,  
Sutter Home, V. Sattui, ZD Wines

## Special November Events for “Veterans Day” Celebrations

Date	Time	Event	Location
3 Mon	2:00pm	Dix Bruce Band	Hospital Rec Area
5 Wed		<i>4th Annual Celebrity Chefs Veterans Day Luncheon (see schedule below for times and locations)</i>	
8 Sat	11:00am	Iron Warriors Picnic	Main Picnic Grounds
11 Tue	11:11am	Toast to Veterans	Main Dining Room
	5:30pm	Movie: “Patton”	Hospital Rec Area
12 Wed	1:30pm	“Cowboy Doo Wop” band	Hospital Rec Area

### Celebrity Chefs Luncheon Schedule

The special Celebrity Chefs menu will be served facility wide, including Meals on Wheels. There will be guest chefs and entertainment at each location. We respectfully request that all Home Members dine in their assigned dining areas for this special meal.

#### Celebrity Chefs Luncheon schedule for the following locations

**Main Dining Room** – 11:00am and 12:30pm. This location serves Sections A, C, D, E, F, H, J, K, L and Madison Hall-Pathway Home. Tickets are required for this location only. Sign up at the Main Dining Room Supervisor’s Office through Monday, November 3.

**Annex I Roosevelt** – 12:15pm Wards 1 and 2

**Annex II Eisenhower** – 12:15pm Wards 5 and 6

**Annex III McKinley, Section B** – 11:45am and 12:30pm Wards 7, 8 and 9

**Holderman Hospital Recreation Area** – 11:30am 1<sup>st</sup> Floor Wards 1 North, 1 South, 1B, 1C, 1D; 2<sup>nd</sup> Floor Wards 2B, 2C, 2D, 2E

#### Cover Photo

**Chef Bob Hurley, Hurley’s Restaurant & Bar;  
Chef Thad Lyman, Napa Valley Grille;  
Chef Kevin Miller, Vintage Estate;  
Mayor Cindy Saucerman, Town of Yountville**

## Yountville Days

### *“This Is Yountville Through the Years”*

The 3-day festival and parade included interesting, fun and yummy activities in several different locations.

The festivities began with the animated feature “Surf’s Up” presented at Yountville Park.

On Saturday a new event was presented – the Chili Cook Off at Yountville Park and live music by Dr. Loco’s Rockin’ Jalapeno Band. The purchase of the \$10 tasting bracelet gave you the privilege of tasting chili at each of the contestants’ booths. Trophies and cash were presented to the top three places of the 12 chili entries which were determined through a blind tastings by a 5-judge panel. Top honors went to Ranch Market Too. Second went to M&M – Marjorie Mohler and Margret Jefferson. Third place was won by Pacific Blues Café. The special People’s Choice award went to the Yountville CalFire Station crew.

Saturday night at the Napa Valley Museum was a special presentation of “This is Yountville Through the Years.” The crowd marveled at the historical photos contributed by 15 local families. The presentation was followed by a free barbecue dinner of chicken, tri-tip and cornbread.

On Sunday the annual Yountville Days Parade began at Holderman Hospital and wound its way through Yountville to end in the Yountville Park at the northern end of town. Following was the afternoon festival in the park with food, entertainment, dancing, children’s activities and prize drawings.

***Parade Marshal Virginia Crowe. One of our oldest residents, Virginia Crowe was raised in Yountville. You may recognize her from the Ranch Market Too, where she worked at the deli until it was sold in 2002.***

*Continued on next page*



## Winning Parade Entries

Best Marching Band  
Best Equestrian Entry  
Most Spirited Entry  
Best Portrayal of the Theme  
Best Youth Entry  
Best Vehicular Entry  
Most Dedicated

Napa High School  
Wells Fargo Bank  
Brownies & Girl Scouts  
Ranch Markets  
Yountville Elementary School  
Ambassador Limousine  
Bobby Knight

*Thank you to our photographers Neil Remnant and Lou Zauner*

### Napa High School Marching Band



### Wells Fargo Bank



### Brownies & Girl Scouts



### Ranch Markets



### Yountville Elementary





Marcella McCormack



Bob Moak



AMVETS #101



Allied Council





Hill's Angels Wheelchair Team



Carlos Renteria & Alejandro Mauricio



Napa Sheriff's Mounted Posse



Vintage Crusher Marching Band





*The Pathway Home float sponsored by Pacific Blues. The motorized bicycles were built by Pathway Home residents. In the front on one of the bicycles is Phil Northcutt, a former Sergeant in the US Marine Corps.*



*Home Member Paul Cheatham at his Project Kiks booth. Paul sells his homemade baked goods to raise money for children's shoes.*





## 15<sup>th</sup> Annual Pow Wow

*Photos by  
Jackue  
Warren*

The sounds of drums and song filled the air as the Suscol Intertribal Council presented their 15<sup>th</sup> annual pow wow on October 4<sup>th</sup> and 5<sup>th</sup> at the Veterans Home Picnic Ground. Suscol Intertribal Council is a nonprofit agency with 750 members whose goals include keeping Native American traditions alive. They also do educational outreach programs at various local schools and clubs. This is their 5<sup>th</sup> year holding the pow wow here on our grounds.

Pow wow is a gathering to sing, dance, trade, socialize and honor Native American traditions. Pow wow also has religious significance through song and dance and as honoring ceremonies and prayers offered.

Participants and visitors had the opportunity to purchase Native American crafts, jewelry, clothing and more. Vendors offered the very popular “Indian Taco” made with fry bread.

This year’s pow wow theme was “Unity of All Tribes.”



## Viewing Blue Angels from Treasure Island

*By Lou Zauner*

**T**o celebrate San Francisco "Fleet Week," 51 Home Members were transported by the "Big Eagle" bus and a smaller cousin, to the shores of Treasure Island, Saturday October 11, to watch the Navy Blue Angels and other performing aircraft zoom past overhead. Arriving somewhat after 11am all hands available helped unload the cavernous Eagle of its transport of tables and chairs and luncheon

fare for all guests and Staff. There was chicken, potato salad and cookies and soft drinks to sip on during the afternoon.

The beauty of the day emphasized the beauty of the view of San Francisco from the Island. While waiting for the show to begin, there was no shortage of endless activity on the water to witness: if the power and sailboats were not in view, the fishing by pelicans and other water birds were of continuous amusement.

*Continued on page 11*

## Employee of the Quarter Awardees July - September 2008

*Vincent Larghi, Ron Dunden, Rosemarie Crook,  
Jim Gillen, Armando Luna*

*Matt Mittman with Karen  
Zanetell, Marcella McCormack*



***Blue Angels continued from page 10***

All seats were excellent for the performances overhead – little planes, big planes, slower planes, faster planes and Blue Angels using their planes for a magnificent sky ballet. The “Osprey,” a Marine aircraft with vertical take-off and landing ability, was a most interesting flying machine to watch as it rotated its propellers at different angles for ascent and descent. Some super fighter planes zoomed down so low, you could read the license plate. Well, not really, but they did fly low enough to please (and scare) the crowd.

The adventure ended about 4pm and all hands helped again to dismantle the tables and chairs and load back on the bus. It was slow moving from Treasure Island to the freeway-speed of the Oakland Bay Bridge. With the help of Leo Ned of the Activity Department, the Dining Hall stayed open until 6:15 to accommodate the late arrivals. And every minute of that time was needed to unload for dinner.

Many thanks to all who helped make this Veterans Home event special. It was well-organized and executed, and again, our appreciation for this goes to the Activity Department.



***The Snowbirds Demonstration Team (431 Squadron) is a Canadian icon comprised of serving members of the Canadian Forces.***



# Spectacular Wheelchair Regatta

*By Lou Zauner*



*The tugboat "Sea Dive" owned by Jacque Wilson, sister of David Wells.*



*below: David and sister Jacque Wilson*



Since 1997, the Pacific Inter-Club Yacht Association, with the involvement of a number of yacht clubs, has sponsored "The Wheelchair Regatta" as an opportunity to show their dedication to America's service men and women, with special attention to the hardy but disabled veterans in wheelchairs. This year, was the 12th such celebration, and the early hours of Saturday, September 27, promised a special weather-day filled with spectacle for over 175 Home Members, and Hospital Residents. Eight busses were employed for transportation, and the planning was to leave none behind. By 10:30 a.m. the busses arrived at the gates of the Encinal Yacht Club in Alameda, where the traditional greeting of name-tagging and presentation of nautical ditty bags for a cordial and safe voyage took place.

By 11 a.m. the loading of nearly 30 vessels began; many of the passengers in wheelchairs hoisted aboard with the muscular help of the U.S. Coast Guard, Oakland Fire Fighters, Alameda Sheriff's Department and yacht club volunteers. Each boat hosted 14 to 18 passengers and crew. The dispatch and efficiency of the loading process enabled the fleet to begin cruise-departure by 11:30. The scenery along the Oakland Estuary and stunning sights of San Francisco patiently waited for the water-tour boats to visit in no-less than perfect weather.

I followed Jim Looney pushing David Wells in wheelchair to his sister's tugboat "Sea Dive." David was hoisted aboard and I joined him to embark on the cruise he had been talking to me about for two years. David introduced me to his sister, Jacque Wilson, whose husband had bought the 1916 tugboat in 1988. It did have a history of "tugboating," but in later years, Jacque told me, "its use was mainly fresh-air inspecting." And, the 18 of us on board did just that, and also a generous portion of scenery inspecting.

The Sea Dive, its guests and crew were maneuvered by Skipper Colin Dewey through the Estuary past enormous cargo ships with

*Continued on page 13*

*Regatta continued from page 12*

exotic oriental names, loading cranes even more enormous in the Port of Oakland, and past familiar sights and the skyline onto San Francisco Bay. Under the Oakland Bay Bridge, passing Yerba Buena Island and Treasure Island just around the corner, the magnificent view of San Francisco skyline appeared. Always breathtaking, it was sadly time to turn back from that view, and disembark for the buffet luncheon.

Back between 1 and 1:30 p.m. and after unloading from the cruise, the tables were ready for the guests to be seated and served; and other to get in line for the freshly grilled hamburgers and all extras including cheese, salads, watermelon, an array of cookies and variety of soft drinks. All this while listening to the entertainment of first: Veterans of Foreign Wars Band "Activities Unlimited," and afterwards, the United States Air Force Band of the Golden West "Rhythm n' Brass Ensemble."

The veterans groups guests were from Yountville, Fort Miley, Palo Alto, Livermore and Menlo Park facilities, and no estimate could be made of the total number; but the Yacht Club grounds appeared to be hosting some 3,000 participants. In addition to Coast Guard, Fire Department, Sheriff's Department volunteers, there were numerous volunteers from the United States Naval Sea Cadet Corps, and over 60 individual yacht-club associated volunteers.

Our sincere thanks go to the vast number of dedicated volunteers, the Activity Department and Veterans Home Staff, and special appreciation to the Pacific Inter-Club Yacht Association, the Encinal Yacht Club, and Founder and Chairperson for the Wheelchair Regatta, Margot Brown.



*"Activities Unlimited" band*

*Travis  
Rhythm  
and Brass*





## One Art to Hold Another Art Cooperage in Napa

*By Chris Williams*

**I**t isn't all in the grapes. Some of those wine flavors, toast, coffee, almond, etc., come from the oak casks in which wine is aged. Cooperage, the craft and art of barrel making, has been around for a couple of thousand years, yet continues to innovate and improve.

A cheerful group from the Veterans Home toured the Seguin Moreau facility and was riveted by the whole process that unfolded before them. It was one of those "I didn't know it was that interesting until I saw it" experiences. Wood from specially grown oaks becomes staves that are fitted together with precision to form barrels that will hold wines while they age and accumulate flavor. The "toasting" of the barrels by placing them over fire is varied according to the kind of wine which they will hold.

The company's roots and oaks are in France. Its products contribute to the reputation of Napa valley wines.



*USeguin Moreau is the largest buyer of French oak for barrel making and the first barrel making group in the world to be PEFC certified. The oak comes from the French national forests which are subject to sustainable management by O.N.F. (French Forestry Commission) PEFC certified.*

## Away to Anchor's

By Lou Zauner

On Tuesday, September 30, some 20 beer-thirsty Home Members fled the Home to cruise the streets of San Francisco by Activity Department "chartered" Veterans Home bus seeking 1705 Mariposa Street--The Anchor Brewing Company. A tour of the plant and a taste of the brew awaited the successful arrivals, who were hosted by Guide Andrew Cox, and led to the inner-sanctum of the famous Anchor Steam Beer brewing since 1986. After a view of the huge brewing kettles and brief information regarding the brewing process, no further photographs were allowed until return to the Hospitality Room.

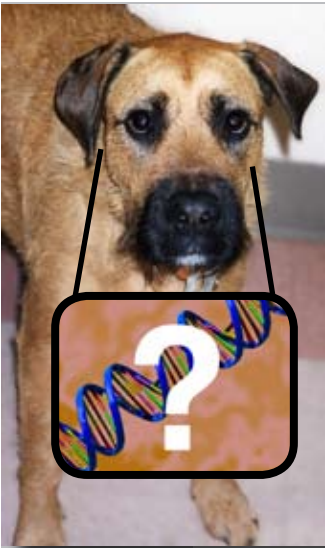
"When Abe Lincoln was President, and San Francisco basked in the prosperity that came with the cry of 'Gold!' small breweries were as prevalent as Starbucks coffee shops today. The only brewery with ties to that era remaining in San Francisco is Anchor Brewing Company. In 1965, Fritz Maytag, from the family whose enterprises include the Maytag Appliance Company, dropped out of graduate school to drop into the brewery. He rescued the Company from bankruptcy and brought it to a reputation of international prominence." *from the company brochure.*

Today the Anchor Brewing Company produces seven brews including a traditional festival beer, Anchor "Christmas Ale" and a wheat beer which the Company believes was the first of its kind to be produced after Prohibition. The brewery currently produces 100,000 bottles of beer daily; 100,000 barrels annually; and sells its beers in 49 states, Europe and Japan. "Anchor Steam" is a Company trademark."Steam" originally was a nickname for draft beer brewed in the 19th century "under primitive conditions."

All Home Member visitors returned to the bus with good spirits, ready for an en-route return lunch of sandwich, chips and--water. And with "toasts," thanks goes to the Activity Department for an interesting and new adventure.



*Andrew Cox, our tour guide, explained the processes in brewing draft beer.*



## ❀ Paws with Brandy ❀

### I Want to Be Me.

**D**arlings, I'm a confused girl, and I need your help. I was all excited by having my DNA tested in order to find out what breeds went into producing me. My buddy, Ben Robinson, swabbed my cheek and sent the sample off. The results have come back. At first, I was excited. Then I experienced a let-down. I'm not sure I wanted to know.

Recently, Dr. Jessen took me to the veterinary hospital for my annual physical. (Except for being too fat, I'm healthy.) In line for an examining room, we were sitting in the waiting area when a woman breezed in with her dog. She stopped in her tracks and said excitedly, "*Look! It's Brandy, the dog who belongs to all the veterans!*" All the people in the room looked at me and smiled.

That's when I began to have second thoughts. I'm more than a mix of a bunch of breeds – I'm Brandy, your dog.

People are going to face a similar problem soon. I was just told that the price for a human to have all their genes tested is down to \$5000, and they expect it to be \$1000 in a couple of years. You will be able to find out all kinds of things about yourself, including what diseases you are likely to get.

Many of them still have no preventatives, so ... would you want to know?

The report which came back on my DNA included the characteristics of the breeds I'm made up of. It said things like "tends to be aggressive" or "likely to be territorial." Well, I'm none of those things. I'm just Brandy, your dog who tries to be good. I made a decision: I'd rather not have you think of me as a "type," so I'm not going to tell you what those breeds are. All my walkers know, and if you ask, they'll tell you.

I'm going to keep on being who I am. It's the love we have for each other that makes us special. I often hear people asking you, "What kind of dog is that?" Next time, tell them, "Why, she's our Brandy. We think she's unique in all the world." Thank you. ❀



## VetFund Veterans Day Golf Tournament Proceeds to fund Gold Star License Plates

The California Department of Veterans Affairs (CalVet) today launched VetFund - Project: Gold Star in an effort to raise the necessary funds to cover the costs of producing Gold Star Family License Plates at no cost to the state's General Fund. Project: Gold Star will be operated through CalVet's VetFund with the goal of collecting the \$300,000 it will take to get the program underway. SB 1455 (Cogdill), signed by the Governor in September, authorizes CalVet to sponsor Gold Star Family License Plates and solicit private donations to cover the costs of producing them.



"Gold Star families have endured a most painful sacrifice for the sake of our country; and CalVet would like to show them our gratitude and support by initiating this program without delay," said Tom Johnson, Secretary of Veterans Affairs. "We know that the public will generously offer their support and gratitude."

VetFund will jump-start Project: Gold Star by donating half of the proceeds from its Annual VetFund Veterans Day Golf Tournament to the project. The VetFund Tournament is a Veterans Day event and will be held on Friday, November 7th, 2008, at Mather Golf Club, located at Mather Air Field in Sacramento.

The Tournament will begin with registration at 9:00 a.m., a putting contest at 9:15 a.m., and a shotgun tee off at 10:00 a.m. Lunch and an awards ceremony will follow. The \$150 entry fee includes 18 holes of golf, a cart, brunch and a day of fun. Everyone is invited to participate.

VetFund was launched by Secretary Tom Johnson to provide funding for special projects. This year's proceeds from the golf tournament will support Project: Gold Star and the 20th Anniversary of the California Vietnam Veterans Memorial during "Welcome Home Vietnam Veterans Week," December 10-14, 2008.

Those wishing to support Project: Gold Star and/or the 20th Anniversary of the California Vietnam Veterans Memorial can contact VetFund at 916-503-8094. For details regarding sponsorship packages or registration for the golf tournament, contact Roz Jaurequi at 916-503-8095 or go to our website at [www.cdva.ca.gov/vetfund](http://www.cdva.ca.gov/vetfund). For more information on how to get involved in the VetFund fundraising program, contact Ron Brand at 916-503-8094.





## Do You Know Where You Came From?

Last month, chaps, I told you I fancied my voluptuous fellow-columnist, Brandy. Well, I had a glance at her piece in this issue, and I'm having second thoughts. She got an analysis of her ancestry, and .... she tore it up!

Said she isn't interested. Said she doesn't want to be a "type". As a proud purebred, I believe our ancestors can tell us something about ourselves. Don't you find it important, or at least interesting, to discover your heritage?

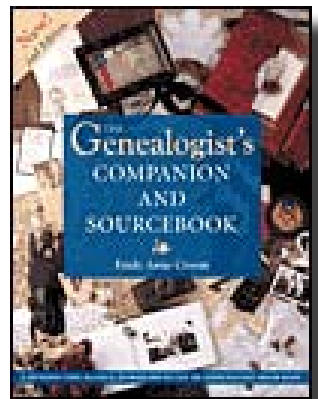
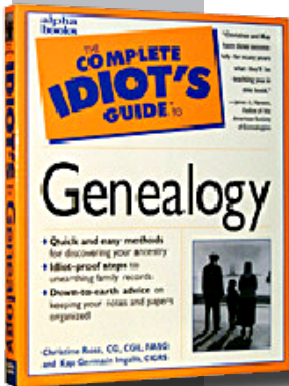
At times, calls come to the library about our Veterans Home's cemetery records, a copy of which is kept there. We try to be helpful to those who are trying to find more about their ancestors, and this makes a point: genealogy is a perfect armchair activity for us here because there are many resources that you can tap into by phone, mail or online.

If you haven't done that, there are books in our library that can get you started and tell you how to do your research. Don't be put off by the name of those *Complete Idiots Guides*. The one on Genealogy is an excellent place to start the journey into your past. I agree with some of their reasons to research your family:

- ★ A passion for history
- ★ To note traits in the family such as temperament or talent
- ★ To uncover congenital health problems
- ★ And, Brandy, ... to get a sense of identity

If you have made a start and want to find more sources, look into *The Genealogists Companion and Sourcebook*. I was astounded by some records that are readily available. Let me give you an example, suppose you are looking for information about your great-grandfather. Between 1873 and 1900, the law required registration of all men between 18 and 45, and these records are kept in the National Archives branch in Georgia. If you request a form from them and pay a small fee, they will conduct a search. The registrations contain information such as occupation, next of kin, birth date and place, and physical description. Wouldn't you like to have that information?

So, Brandy, I don't agree with you. Neither you nor I will ever have offspring. (Let's not talk about the reason for that.) Those who do might consider leaving all the information they can for their descendents.



# The Facts on Treating the Common Cold

*From HealthCentral.com*

**F**eed a cold... starve a fever... drinking milk makes more mucus... There are many myths masquerading as facts on cold remedies and treatments. Get the facts on how to manage your cold.

## **True or False?**

1. Hand sanitizers get rid of germs as well as washing your hands.
2. The flu vaccine protects you against the virus that causes cold and flu.
3. Blowing your nose hard enough to clear your nasal passages can clear your sinuses too.
4. Drinking milk when you have a cold will cause you to develop more mucus.
5. When you have a cough, you should take a cough suppressant (either a drop or a syrup).
6. You should feed a cold and starve a fever.
7. Nasal decongestant sprays may worsen nasal congestion.
8. Zinc remedies can relieve the cold more quickly.
9. Don't worry, the older you get, the fewer colds you'll catch.

*Answers on  
next page*

## **9 Cold Remedies to Have on Hand**

*From HealthCentral.com*

### **Quiet a Cough:**

- Buckwheat honey (but not for children under one year old;
- two ounces of dark chocolate will quiet a cough for up to two hours;
- be careful with any cough syrup or drop containing dextromethorphan (DXM). Very large doses can cause numbness, nausea and vomiting, and increased heart rate and blood pressure.

### **Ease a Sore Throat:**

- *Throat Coat* tea;
- warm tea;
- warm water with honey and lemon

### **Loosen Congestion:**

A vaporizer in the bedroom for young babies, hot steam before bed for older children and adults. Try standing in the bathroom with a hot shower running for a few minutes or lean over basin or sink full of steamy water with a towel draped over the head and basin. Just make sure it's not too hot!

*Continued on page 25*

# October Pinochle Tournament Results

## ***Congratulations to:***

- 1<sup>st</sup> Place     Bob Chase & Mickey Gandel  
Each won a \$25 Gift Certificate to Marie Callendar's
- 2<sup>nd</sup> Place     Imogene Lambert & Carolyn Waller  
Each won a \$15 Gift Certificate to Target



***Players please note: The November Tournament will be held this time only on Monday November 10<sup>th</sup> because of the Veterans Day Holiday.***

Stop by and have some fun. The snacks are scrumptious!

## ***Cold Quiz Answers***

1. **False:** Hand washing is most effective. Hand sanitizers are helpful when hand washing is not possible or inconvenient, but make sure the ethyl alcohol content is at least 62%.
2. **False:** Colds and flu are caused by two different viruses and the flu vaccine only protects against the most prevalent strains of the flu virus.
3. **False:** Blowing your nose really hard can propel bacteria- and virus-filled mucus into the sinus cavities, which may lead to infection and inflammation.
4. **False:** Milk does not turn into mucus, nor does it cause more mucus production.
5. **False:** The drug in cough suppressants works on the brain, not the throat or the lungs. The American College of Chest Physicians discourages the use of cough medicine for coughs due to cold.
6. **False:** There is no evidence that either relieves cold symptoms or reduces fevers.
7. **True:** Nasal sprays do relieve congestion, but if they are used more often than instructed or if they are used for more than 2 or 3 days in a row, they may lead to even worse congestion. Try saline nasal sprays instead.
8. **False:** The jury is still out, but the highest quality studies show no benefit. In some studies, zinc seemed most effective taken as a lozenge or nasal spray in within 48 hours of the onset of symptoms. But beware, nasal zinc may permanently damage the sense of smell.
9. **True:** Surprisingly, it seems that each cold you catch builds immunity, making you less likely to catch colds as you age.

## Important Information Security Awareness Message:

Scammers are known to exploit current events covered in the news to lure their victims, and many people become more susceptible to phishing scams when they are confused or have concerns about the status of their accounts, or simply want to believe in those offers that “are too good to be true.”

Be aware of persons requesting your personal information by e-mail or telephone. Many scammers have been alleging, among other things, that they are with an individual’s financial institution and that their personal information is needed to assist them with a bank merger or acquisition process.

Whatever you do, don’t click on links in e-mails purportedly sent by your bank. These will navigate you to Web sites, where you are asked to re-verify personal and bank information as part of a merger or account access process. In one example that targets people affected by the Chase acquisition of Washington Mutual, the e-mail asks recipients to click on a link and confirm their identity so Chase can “activate new security features for our new and old online banking customers.” The link goes to a fake Chase Web site that asks for account log-in and other information. The scammers are gathering the information to sell to cyber criminals who will use it to transfer money out of victims’ accounts or commit identity fraud.

*The following are general practices to avoid becoming a victim of these types of scams:*

- Do not respond to unsolicited (spam) e-mail. Simply delete it.
- Be skeptical of individuals representing themselves as officials soliciting personal information via e-mail, telephone or other means.
- Do not click on links contained within an unsolicited e-mail.
- Be cautious of e-mail claiming to contain pictures in attached files, as the files may contain viruses. Only open attachments from known senders.
- Validate the legitimacy of the organization by directly accessing the organization’s website rather than following an alleged link to the site.
- Do not provide personal or financial information to anyone who solicits information.

To receive the latest information about cyber scams, you may visit the FBI Web site at <http://www.fbi.gov/> and sign up for e-mail alerts by clicking on one of the red envelopes. If you have received a scam e-mail, you may notify the IC3 organization by filing a complaint at [www.ic3.gov](http://www.ic3.gov). For more information on e-scams, please visit the FBI’s New E-Scams and Warnings webpage at <http://www.fbi.gov/cyberinvest/escams.htm>



## November Coffee Shop Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2 1 Egg, 1 Bacon, 1 Toast, ½ Hash Browns \$ 2.75	3 Rigatoni, Salad, Garlic Bread \$ 5.50	4 Fried Chicken, Mashed Potato, Veggies \$ 5.50	5 Chile Relleno, Rice, Beans \$5.50	6 Hot Roast Beef, Sandwich, Mashed Potato's \$ 5.50	7 Captains Plate, Fried, Cole Slaw \$ 6.50	8 Huevos Rancheros, Tortilla, 2 Egg- Beans, ½ Hash Browns \$ 2.75
9 Blueberry Waffle, ½ Slice Ham \$ 3.50	10 Philly Cheese, Steak Sandwich, Macaroni Salad \$ 5.50	11 HOLIDAY NO SPECIAL !	12 Sombbrero Salad, Rice, Beans \$ 5.50	13 Spaghetti, Salad, Garlic Bread \$ 5.50	14 Fried Shrimp, Fries, Salad \$ 6.00	15 2 Egg- Ham & Cheese Omelet, 1 Toast \$ 3.50
16 ½ Corned Beef, Hash, 2 Eggs, 1 Toast \$ 3.50	17 Italian Meatball, Sandwich, Pasta Salad \$ 5.50	18 Chicken Fried Steak, Mashed Potato, Veggies \$ 5.50	19 Steak Taco's, Rice, Beans \$ 6.00	20 Lasagna, Salad, Garlic Bread \$ 5.50	21 Crab Salad Sandwich, Cole Slaw \$ 5.50	22 2 Pumpkin Pancakes, 2 Bacon \$ 3.50
23 2 Egg Cheese, Omelet, Hash Browns \$ 3.50	24 Beef Tips & Noodles, Veggies \$ 5.50	25 Fried Chicken, Fries \$ 5.00	26 Sombbrero Salad, Rice, Beans \$ 5.50		28 HOLIDAY NO SPECIAL!	29 1 Egg, 1 Toast, 1 Sausage Patty, ½ Hash Browns \$ 3.25

Homemade Soup daily / Breakfast served till 11:30 / Indoor / Outdoor Seating / Open 7:00 a.m. 1:30 p.m. for Hot Food /Large Menu to Choose From/  
 2 TV's/ Tavern Service 10:00 a.m. - 8:00 p.m./Karaoke Friday Night/ Lottery 8:00 a.m.-2:00 p.m. daily / 8:00-Noon Weekends

# LINCOLN Theater

**Sat Nov 8** 3:00pm  
8:00pm **Bill Cosby** Over the past century, few entertainers have achieved the legendary status of William H. Cosby Jr. His successes span five decades and virtually all media. With eight Gold Records, five Platinum records and five Grammy Awards for his stand-up comedy; three Emmy Awards; hit movies and best-selling books, Bill Cosby is quite simply a national treasure with the unique ability to touch people's hearts.



**Mon Nov 17** 8:00pm **The Country Rat Pack Tour** *Tracy Byrd, Tracy Lawrence & Richie McDonald (formerly of Lonestar) Unplugged Songs & Stories from the Hit Makers.* The Country Rat Pack – comprising three of Country Music's top male vocalists - has been enthraling audiences with an up close and personal acoustic show starring Tracy Byrd, Tracy Lawrence and Richie McDonald. This hugely popular tour is selling out across the country. Each energetic performance features the major hits from these popular country stars along with timeless classics and pure, popular country tunes!



**Sun Nov 30** 5:00pm **The Temptations Holiday Show** For more than 40 years, the Temptations have had a series of smash hits and sold-out performances throughout the world. The history of the Temptations is the history of contemporary American Pop music as they are an essential component of the original Motown machine. In 1964, "The Way You Do the Things You Do" turned the guys into stars. An avalanche of hits followed including "My Girl," "Since I Lost My Baby," "Get Ready" and the hits kept coming. This show includes both Temptations hits and holiday favorites!



**Mon Dec 1** 8:00pm **Wynonna - A Classic Christmas** World-renown vocalist, entertainer and superstar Wynonna will bring the sounds of her critically-acclaimed holiday album A Classic Christmas to Lincoln Theater Napa Valley. Coupled with some of her biggest hits, Wynonna will also deliver soulful renditions of such traditional holiday classics as "White Christmas" and "Winter Wonderland" and her awe-inspiring version of "Ave Maria." Wynonna, who began her solo career in 1992, was a member of the powerhouse, record-breaking country music duo The Judds.





## Napa Valley Symphony

**Italian Festival:**  
Rossini, Beethoven, Mendelssohn

November 16 at 3:00PM  
Featuring pianist Joseph Kalichstein

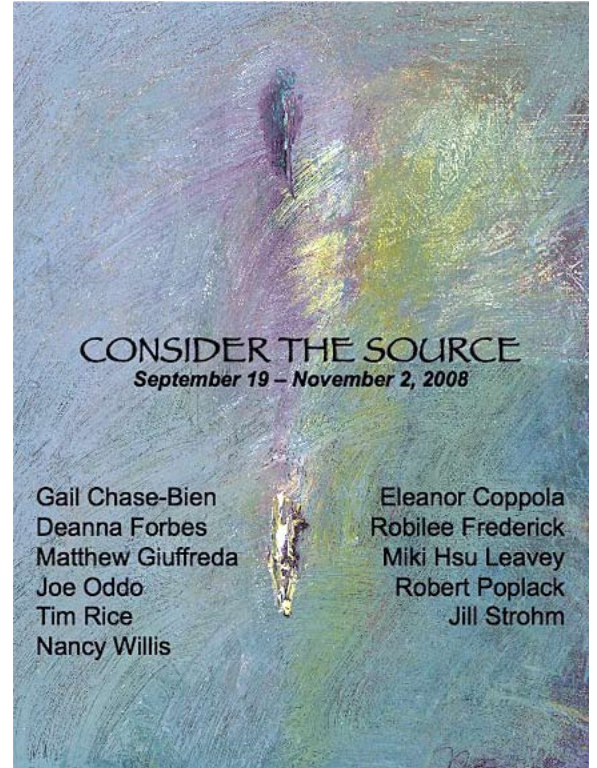


NAPA VALLEY MUSEUM • 55 PRESIDENTS CIRCLE • YOUNTVILLE • INFO: 707-944-0500



### Napa Valley Museum

4th Fridays - Music & Dancing  
Exhibition: Consider the Source



Gail Chase-Bien  
Deanna Forbes  
Matthew Giuffreda  
Joe Oddo  
Tim Rice  
Nancy Willis

Eleanor Coppola  
Robilee Frederick  
Miki Hsu Leavey  
Robert Poplack  
Jill Strohm

## Ellora Silver Jewelry

Come celebrate Fall with us at the Ellora Silver Jewelry Show on Tuesday, November 4<sup>th</sup> from 11am to 4 pm in the west hallway of the HRA. It's the perfect time to start that Christmas shopping with sterling silver jewelry and semi-precious stone. Ellora supports our Relay For Life Team by donating 20%.

## Menda's Silver, gold & diamond jewelry

*... just in time for the Holidays*

**Wednesday, December 9th and  
Thursday, December 10th**

**9am - 4pm each day in the HRA.**

**Menda offers Lawaway Plans  
Major credit cards accepted**

# Vintage Movies in the HRA

## Monday & Tuesday at 6 PM

Date	Title-Year-Length	Stars
3 Mon	Calendar Girl 1947 86 min.	Victor McLaglen, Jane Frazee, Irene Rich, James Ellison
4 Tue	Video Tour: Nat'l Auto Museum 1992 60 min.	Special Documentary of the Reno Automobile Museum
10 Mon	<i>No Movie – Pinochle Tournament begins at 5:30pm</i>	
11 Tue	Patton ★★☆☆ 1969 171 min.	George C. Scott, Karl Malden
	<i>starts at 5:30pm</i>	
17 Mon	Double Wedding ★★½ 1937 87 min.	William Powell, Myrna Loy, Florence Rice, John Beal
18 Tue	Hangman's Knot ★★½ 1952 81 min.	Randolph Scott, Donna Reed, Lee Marvin, Frank Faylen
24 Mon	Swing High, Swing Low ★★ 1937 96 min.	Carole Lombard, Jean Dixon, Fred MacMurray, Dorothy Lamour
25 Tue	Quicksand ★★½ 1959 80 min.	Mickey Rooney, Peter Lorre, Jeanne Cagney

**Mondays:**  
Musical or  
Comedy;  
**Tuesdays:**  
Drama or  
Western

*Bus  
transportation  
is provided  
following the  
movie*

*Continued from page 19*

- preservative-free saline nose rinses;
- keep the head elevated while sleeping.

### Get more sleep:

- Valerian root, which has been used safely for hundreds of years;
- *Sleepy Time Tea*.

**Boost Immunity:** Yes, chicken soup really does help. Dr. Neil Schachter, author of *The Good Doctor's Guide to Colds and Flu*, who has the science to back up the claim, says, "In addition to providing nutrition, fluids, and mucus-dissolving warmth, chicken soup actually reduces the inflammatory compounds that rise with a cold and flu, called cytokines, which trigger body aches, fever, and fatigue. Studies have actually shown that chicken soup inhibits the release of neutrophils, thus reducing the discomfort of a respiratory infection."

Zinc lozenges shorten the duration of a cold up to five days for those who are zinc-deficient, but you must start taking them at the first sign of symptoms.

Vitamin C can be very beneficial for athletes, children, and people living in close quarters.

**sign up  
early**



## November Residential Care Special Events

*Activities office needs to be notified at least 48 hours before trip for cancellations.  
Please call 707-944-4900. "No Shows" will be stand-by only for future trips for 60 days.*

Date	Time	Event	Site	Bus	Signup
2	Sun	10:15am	Horse Racing, Live: Golden Gate Fields	MDR	Yes
		10:15am	Raider vs. Atlanta Falcons	MDR	Yes
3	Mon	10:00am	Shopping: Target/Raleys/WalMart	MDR	Yes
		2:00pm	Dix Bruce Band	HRA	
5	Wed		Chefs Luncheon		Yes
6	Thu	12:30pm	LeMelange/Library	MDR	Yes
7	Fri	8:15am	San Francisco Ferry Trip	MDR	Yes
8	Sat	11:00am	Iron Warriors Picnic	MPG	
		3:00pm	Bill Cosby Show	LT	Yes
		8:00pm	Bill Cosby Show	LT	Yes
10	Mon	8:00am	USS Hornet, Alameda	MDR	Yes
		5:30pm	Pinochle Tournament	HRA	Yes
11	Tue	Veterans Day Holiday – Offices Closed			
		11:00am	Veterans Day Toast	MDR	Yes
12	Wed	9:00am	Allied Council Meeting	HRA	
		1:30pm	"Cowboy Doo Wop Band"	HRA	
13	Thu	10:00am	Remembrance Service	CHP	
14	Fri	10:30am	US Coast Guard Luncheon	MDR	Yes
16	Sun	7:30am	Napa Sr. Center Breakfast	MDR	Yes
17	Mon	9:00am	Cache Creek Casino	MBS	Yes
		6:00pm	The Country Rat-Pack	LT	Yes
18	Tue	9:45am	Budweiser Brewery Tour, Fairfield	MDR	Yes
20	Thu	12:30pm	LeMelange/Library	MDR	Yes
21	Fri	10:45am	Bunch for Lunch: "BJ's"	MDR	Yes
		6:00pm	Napa Bowling	MDR	Yes
24	Mon	10:00am	Shopping: Fairfield Mall	MDR	Yes
26	Wed	9:45am	American Legion Bingo	HRA	
27	Thu		Thanksgiving Holiday		
28	Fri		Thanksgiving Holiday		
30	Sun	5:00pm	The Temptations	LT	Yes

*All activities are subject to change. Sign up early! Activities can fill quickly. Call at 944-4900  
Key – 1C/1D: Hospital 1C/1D patio; BOR: Borman Field; CHP: Chapel; FP: Fishing Pond; GH: Grant Hall; HL: Hospital Lobby; HRA: Hospital Recreation Area; LIB: Lincoln Library (Section G basement), LT: Lincoln Theater; MDR: Main Dining Room; MPG: Main Picnic Grounds; CS: Coffee Shop/Tavern (Section G main floor); VHC: Veterans Home Cemetery; VGC: Vintners Golf Course; XII: Annex II; YNT: Yountville; YVP: Yountville Veterans Park.*

# WEDNESDAY & FRIDAY MOVIES IN THE HRA

## Wed, Nov 5 – “Cool Hand Luke”

1967 Top-notch prison film stars Paul Newman and George Kennedy’s Oscar-winning supporting actor role. ★★★½ Not rated.

## Fri, Nov 7 – “Then She Found Me”

New (2008) comedy-drama stars Helen Hunt and Bette Milner. Missing mother returns with mixed feelings and sparks fly. ★★★ R

## Wed, Nov 12 – “The Maltese Falcon”

1941 Dashiell Hammett classic detective drama. Stars Humphrey Bogart, Mary Astor, Peter Lorre, Sydney Greenstreet and Ward Bond. Directed by John Huston. ★★★½ Not rated.

## Fri, Nov 14 – “Leatherheads”

New (2008) drama involving early (1925) ragtag days of pro football. Stars George Clooney, Renee Zelweger and John Krasinski. Clooney also directs. ★★★½ Pg-13

## Wed, Nov 19 – “A Farewell to Arms”

1932 romantic adaption of Hemingway novel about ill-fated WWI romance between American soldier and British nurse. Stars Gary Cooper, Helen Hayes and Adolphe Menjou. ★★★ Not rated

## Fri, Nov 21 – “National Treasures: Book of Secrets”

New (2007) treasure hunt drama. Stars Nicolas Cage, Jon Voight, Helen Mirren and Ed Harris. Action- packed sequel to 2004 “National Treasures.” ★★★½ PG-13

## Wed, Nov 26 – “Hero”

1992 Drama stars Dustin Hoffman, Geena Davis and Andy Garcia. A plane crash--lives saved--mystery shoes--hero imposter and TV reporter equals entertaining, sometimes funny movie. ★★★ PG. rated.

## Fri, Nov 28 – “Iron Man”

New (2008) comic book hero movie. Stars Robert Downey, Jr., Gwyneth Paltrow and Jeff Bridges. Iron super suite makes man a hero. ★★★ PG-13

Ratings of Motion Picture Association of America: G - movie suitable for general audiences; PG - parental guidance suggested; PG-13 - Recommended for viewers 13 or above. May contain material inappropriate for younger children; R - recommended for viewers 17 or older; NC-17 - intended for adults only.



Hosp. Rec. Area  
Theater doors  
open at 5:15 pm  
Wednesdays &  
Fridays

Special selected  
presentations at  
5:30 pm

Feature Film  
begins at 6:00 pm

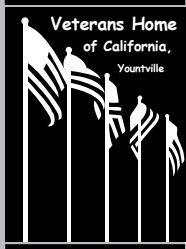
The Digital  
Theater is  
sponsored by the  
Veterans  
Remembrance  
Committee,  
The MW&R Fund  
and AMVETS

Neil Remnant,  
Movie  
Coordinator

Key:

★★★★  
Great Film

★★★  
Good Film

The AMVETS Service Foundation logo is a circular emblem with a gold laurel wreath border. Inside the wreath is a red circle with the words "AMERICAN VETERANS" in white. Below this is a purple circle with the word "AMVETS" in white. The logo is positioned behind the main text block.

**The *Veterans Home Media Program* gratefully acknowledges the generosity of the *AMVETS Service Foundation* in supporting *KVET TV*, the *Grapevine*, and the *Veterans History Program*.**

## **GRAPEVINE**

Veterans Home of California  
P.O. Box 1200  
Yountville, CA 94599-1421

For  
Information  
about the  
Veterans  
Home  
call: 1-800-  
404-VETS